

# Walk to Health 2015 Sponsors

## Week 3 - Warm Up & Flexibility Exercises

Make every walk a complete workout by including these elements:

- Warm Up
- Flexibility Exercises
- Walk
- Cool Down
- Stretch

**Warm Up:** Warming up is exercising at a lower intensity to get the blood circulating and let your body know that you are preparing for exercise.

**Flexibility exercises:** should be done after you have warmed up with five to ten minutes of easy walking. The faster you plan to walk the more time you will need to dedicate to flexibility exercises. Here are few examples:

- **Toe points:** stand on one leg & lift the other foot off floor, gently point your toe & hold for a few seconds. Alternate legs.
- **Ankle circles:** follow toe points by rotating each ankle ten circles both directions
- **Overhead reach:** stand with feet hip distance apart, reach up with one arm & reach over your head to the opposite side. Keep hips steady & shoulders straight.
- **Arm circles:** hold arms straight out to your side parallel to ground - make small circles going backward, gradually getting larger & larger. Rest for a second and do the same thing in the forward direction.



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